HQ AFMC/SE Talking Points

Pay attention!...life saving Info here.

May 2008

Motorcycle Safety

Whether you hit the road by yourself or join others for a benefit ride, expo, or motorcycle rally, don't forget to prepare yourself and your motorcycle for the new riding season:

- ***Wear a helmet and other protective gear:***

Protective gear serves three purposes for motorcyclists: comfort and protection from the elements; injury prevention; and a means for other motorists to see the motorcyclist, through the use of color or reflective material

- ***Helmets:*** This is the most important piece of safety equipment. Safety helmets that comply with Federal Motor Vehicle Safety Standard No. 218 save lives by preventing or reducing the extent of head injuries in the event of a crash.
- ***Eye Protection:*** Since many motorcyclists don't have windshields, riders must protect their eyes against insects, dirt, rocks, or other airborne matter. Even the wind can cause the eyes to tear and blur vision, and good vision is imperative when riding. Choose good-quality goggles, glasses with plastic or safety lenses, or a helmet equipped with a face shield.
- ***Jackets and Trousers:*** Jackets should have long sleeves and be made of heavy-weight, durable material like leather or denim.
- ***Gloves:*** Durable gloves should be a non-slip type to permit a firm grip on the controls.
- ***Footwear:*** Proper over-the-ankle footwear should be worn.

- ***Never mix motorcycles and alcohol.***

Alcohol affect those skills essential to operate a motorcycle – balance and coordination. Alcohol and motorcycling are a deadly combination. In 2005, 45 percent of all fatal-motorcycle crashes involved alcohol or drugs.

- ***Make sure that your motorcycle is road-ready.***

Check your tire pressures to make sure they are set correctly. You should also inspect your motorcycle for loose chains, and make sure that the clutch, brake and other control positions are set correctly.

- ***Motor vehicle drivers also need to "Share the Road."***

The motorcyclist has the same right as any other driver to use the road.
Do not attempt to share the same lane beside a motorcyclist.
Maintain a safety zone of at least three seconds between the motorcycle and your vehicle.
Pass a motorcyclist only when it can be done safely.
Be aware of hazards to motorcyclists such as bumps, gravel, slippery or grooved pavement, and railroad crossings can cause motorcyclist to change speed or direction suddenly.

These helmets are commonly called **novelty helmets** and are not approved for riding on motorcycles.

The DoT standard, called FMVSS 218, is what every street helmet sold in the US is legally required to meet.

Protect Yourself!

Motorcycle HELMET Facts

Helmets saved the lives of 1,556 motorcyclists nationally.
If all motorcyclists had worn helmets, an additional 728 lives could have been saved.
Motorcycle helmets are estimated to be 37% effective in preventing fatal injuries.
20 states plus the District of Columbia and Puerto Rico require helmet use for all drivers and passengers of motorcycles.
27 states require helmet use for motorcycle drivers and passengers [illegible] protection.

Protection In The Right Places...

Not many people realize that most motorcycle injuries occur below the belt. Your legs and feet are extremely vulnerable, so make sure that you wear a decent pair of high boots and some protective pants. The pants should be reinforced at the knees and hips; ideally they should attach to your jacket by a zipper. Boots should be thick leather, with a sole that can flex with the foot but has a resistance to crushing across the foot.
Traditional material for motorcycle clothing is leather, but thick nylon and other synthetic materials work well too. Kevlar reinforced jeans are better than normal jeans. Normal jeans last 0.6 seconds in the European standard abrasion test, while protective motorcycle pants will last 5 seconds or more. You don't really want to be ripping your skin open within less than half a second of falling of your bike do you? Thought not.
Same principles apply to jackets. Make sure they are hardwearing, if they are leather make sure it is thick leather not fashion leather like some jackets. Stitching should be uniform with no dropped stitches, and all your "sharp bits", your elbows and shoulders should be reinforced, ideally with some impact protection included. A [illegible] pair of gloves is a must; your palms will be [illegible] at risk in an accident; you instinctively put out your [illegible] hands palm side down to stop yourself [illegible] slide, so the palms of your gloves reinforced with patches. Kevlar is especially kind of abrasion reinforced too.

Think MOTORCYCLE SAFETY

AFI 91-207, *US Air Force Traffic Safety Program*, states that; Military, DAF and NAF civilian personnel, military dependents, foreign military students and contractor personnel operating motorcycles, motor scooters, or mopeds on Air Force installations must complete a safety course (Course IVA, MRC:RSS or C[illegible]/B, ERC) that includes hands-on training and evalu[illegible]

- **A protective helmet (DoT Approved) with goggles or full-face**
- **Long sleeve shirt or jacket.**
- **Full fingered motorcycle gloves or mittens.**
- **Sturdy foot ware: leather boots or over-the-ankle shoes are strongly recomm**
- **Brightly colored or contrasting vest or jacket during the day and reflective at**

More Motorcycle Facts!

- In 2005, **4,553** people died in motorcycle crashes, up 13.0 percent from **4,028** in 2004. The 13 percent increase was the l[illegible] since 1997.
- Motorcycle crash fatalities have increased for eight years in a row.
- Some **88,000** motorcycles were involved in crashes in 2004.
- Motorcyclists were **34** times more likely than passenger car occupants to die in a crash in 2005, per vehicle mile traveled, [illegible] times more likely to be injured.

AFMC Safety Office